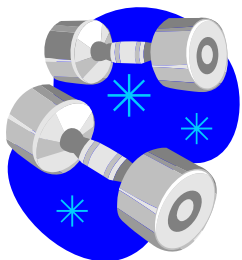




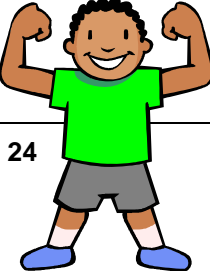
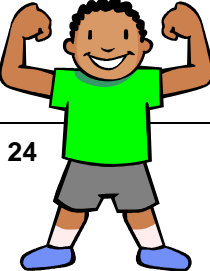
I CAN lift these WEIGHTS

May 2008

FUN FACT

Did you know that you have over 600 muscles in your body? You control some of the muscles and others, like your heart, do their jobs without you thinking about them at all. There are three types of muscles: smooth, cardiac, and skeletal muscles. Can you name 5 muscles?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BE STRONG! BE FIT!				1 Do bicep curls using soup cans. Can you do 20 curls? Can you do 20 more?	2 Holding a soup can in each hand, jump over a line 25 times. Jump!	3
4	5 Hold a soup can in each hand. Extend both arms to the front then down. Do 15.	6 Holding a soup can in each hand, do 20 waist twists. Can you do 20 more?	7 With both hands, hold a soup can above your head. Bend the elbows.	8 Holding a large can above you head, bend and touch the can to the floor. Do 12.	9 In a sitting position, use one hand to move a large can from side to side. Switch!	10 <i>Take time to play every day!</i>
11 	12 While sitting, roll a large can to another family member 50 times.	13 Hold a soup can in each hand. Do 15 side lunges. Do 15 the opposite direction.	14 Take a large can around your waist 25 times. Go the other direction 25 times.	15 Hold a soup can in each hand. Cross your hands over the chest. Do 15 curl-ups.	16 Hold a soup can in each hand. Raise one arm above your head 15 times. Switch!	17 
18	19 Hold a soup can in each hand. Raise both arms to the side 15 times. Again!	20 Set a timer. Carry a soup can in each hand for five minutes.	21 Practice your punches while you hold a soup can in each hand. Do 30 or more!	22 Do a curl-up and place a large can in front of you. On the next curl-up pick up the can.	23 Hold a soup can in each hand. Lie on your back and touch the cans. Do 15. Repeat!	24 
25 <i>Lifting weights builds muscle.</i>	26 While standing, hold a large can. Bend over and set it on the ground. Stand. Repeat.	27 Holding a large can, jump side to side over a line. Do 25 jumps. Can you do 25 more?	28 Hold a large can at your chest. Do 20 curl-ups. Do 20 more if you can.	29 Set a timer. Hold a soup can in each hand. High knee march for five minutes.	30 Hold a soup can in each hand. Do 15 lunges. Can you do 15 more?	31